



WORD OF WISDOM CHALLENGE

EXPERIENCE THE
BLESSINGS OF THE WORD
OF WISDOM IN 30 DAYS!

WORDOFWISDOMBOOK.COM

WELCOME!

Hi! Our names are Jordan and Cassidy Gundersen. We are authors of the #1 best-seller, "The Word of Wisdom: Hope, Healing and the Destroying Angel". Thanks for joining us for this amazing 30 day Word of Wisdom transformation. As a PhD health practitioner, Cassidy has studied every diet in the book and has come to the conclusion that the Word of Wisdom is the best diet in existence. It is adapted to the capacity of the weakest of all Saints, but still promises health and strength.

No matter where you are at on your journey, this is a challenge to help you draw closer to the Savior as you carefully follow His laws of health. We encourage you to do your best to follow this plan, but don't get down on yourself if you get off track. Start over and get back to work to experience the marvelous blessings of the Word of Wisdom.

In this pdf you will find instructions for the challenge, a contract for yourself, a list of the daily challenges, a printable calendar to check off each daily challenge completion, and some tips and resources to help you.

We wish you luck on your journey. Feel free to reach out to us at any time at cassidy@wordofwisdombook.com and jordan@wordofwisdombook.com. And finally, remember the Lord is on your side! He is your greatest ally during these changes.

Jordan and Cassidy

30 DAY GOALS

1. No stimulating drinks (including coffee, tea, energy drinks, soda, etc.)*
2. No meat (except in famine)
3. Eat WHOLESOME plants abundantly
 - a. Focus efforts on whole grains*
 - i. Avoid white flour
4. Focus on eating foods in their most natural state as possible
 - a. No refined sugar*
 - b. No processed foods
5. Eat with thanksgiving
 - a. Do not overeat or eat to excess
6. Avoid any foods, drinks, or substances that you find addictive

*See substitutes and ideas list in this packet

DAYS 1-15

Each day has a specific challenge. Complete each challenge on each day. Challenges that include a talk or article to read have been hyperlinked and can be accessed by clicking on the underlined text.

Day 1: Write down your thoughts and feelings about the Word of Wisdom and this challenge. Message a friend and invite them to do the challenge with you.

Day 2: Pray and ask God how you can better live the Word of Wisdom.

Day 3: Read all of D&C 89 and mark verses that stand out to you.

Day 4: Read Genesis 1 and record your thoughts about what Adam and Eve were commanded to eat.

Day 5: Try a new recipe using only plant foods.

Day 6: Make a list of 10 of your favorite healthy foods and post it on your fridge as a visual reminder.

Day 7: Take 60 seconds before your meal and admire the food on your plate. Express thanks to God for each item of food.

Day 8: Research one of the grains on the list provided that you aren't familiar with and learn about its origin, flavor, history and, if possible, try some today or later this week.

Day 9: Share your testimony on social media about the Word of Wisdom and your health using [#wordofwisdomchallenge](#)

Day 10: Call a local farmer and thank him for his hard work and diligence in providing real food for your community.

Day 11: Try a new fruit or vegetable you've never tried before.

Day 12: Increase your faith in the Lord's ability to heal our bodies by reading the following scriptures: D&C 42:43-51; Alma 46:40; James 5:13-15.

Day 13: Bear testimony to your family or a family member about the Word of Wisdom.

Day 14: Read [Hyrum Smith's talk on the Word of Wisdom](#)

Day 15: Read [this article by President Nelson](#) about taking care of your body and write 3 reasons you want to take better care of your body.

DAYS 16-30

Day 16: Read D&C 89:12-13;15; D&C 49:18-19;21; JST Genesis 9:10-11 and write down why you think the Lord would ask us to not eat meat except in certain times.

Day 17: Eat 1 meal of entirely uncooked, raw foods.

Day 18: Research one of the following herbs and learn why its so good for us: yarrow, lobelia, cayenne, red raspberry leaf, or alfalfa.

Day 19: Write down 10 things you love about your body

Day 20: Read the quote from George Q. Cannon included in this document and record your thoughts.

Day 21: Enjoy a sweet treat today using the approved sugar substitutes.

Day 22: Read the account of the healing of Alma Smith at Haun's Mill.

Day 23: Study "health" in topical guide and mark your favorite scriptures.

Day 24: Spend a few minutes and review recipes using the resources provided. Save 5-10 recipes for future use.

Day 25: Skip a meal today and think about our Savior and His laws of health each time you get hungry.

Day 26: Read Ezra Taft Benson's "A Principle with a Promise" talk.

Day 27: Do a "spiritual exercise" today. Put out a treat, drink, or item that is tempting to you but not healthy and do not eat it all day. Show your spirit is stronger than your body and avoid the temptation. Record your feelings afterwards.

Day 28: Study the blessings of the Word of Wisdom (Doctrine and Covenants 89:18-21) and write down any blessings you are currently not experiencing or want to experience more of and make a plan to identify ways you can change so that you may receive those blessings.

Day 29: Read the quote from Brigham Young included in this document and record your thoughts.

Day 30: Take time to reflect on this 30 day challenge and write down your thoughts. If you desire, share your thoughts and reflections on social media using #wordofwisdomchallenge

ADDITIONAL RESOURCES

30 DAY CALENDAR

SUN

MON

TUE

WED

THU

FRI

SAT

PRINT THIS OFF AND MARK EACH DAY
YOU COMPLETE THE CHALLENGE TO SEE
YOUR PROGRESS!

CONTRACT

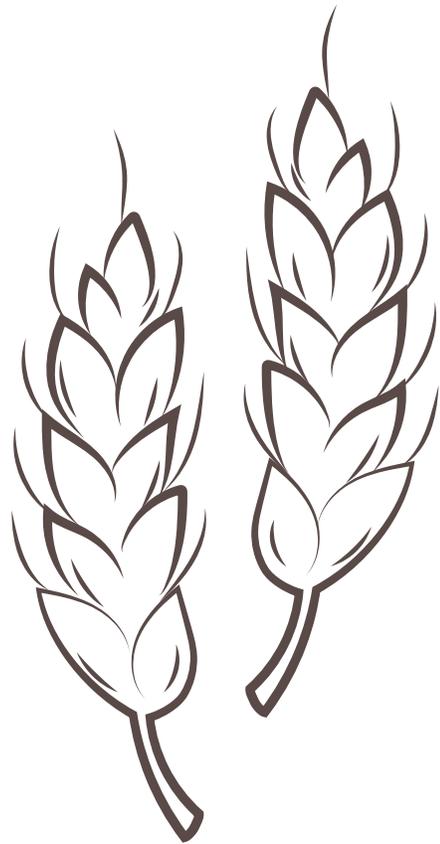
I, _____ contract with myself and the Lord that for 30 days starting _____ and ending _____ that I will follow the principles of the Word of Wisdom with exactness, as my circumstances permit. I will do my best to take care of my body and my spirit as I strive to live the Lord's laws of health and receive of the blessings contained therein. I know that my body is precious and beautiful and I will take care of this gift to the best of my ability, eschewing any substance that would harm my body or spirit.

Signature

Date

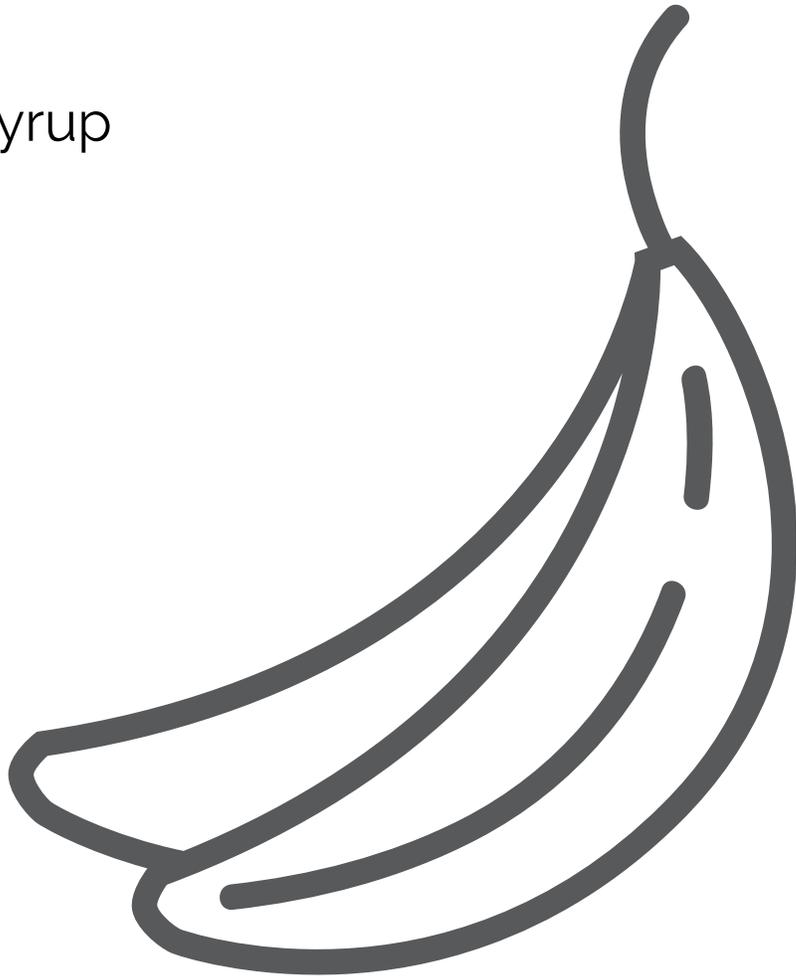
GRAIN IDEAS

- Corn
- Barley
- Rye
- Rice (Brown, black, wild, etc.)
- Sorghum
- Kamut or Khorasan
- Spelt
- Buckwheat
- Emmer/Farro
- Einkorn
- Whole Wheat
- Teff
- Amaranth
- Quinoa
- Oats



SUGAR SUBSTITUTES

- Dates
- Figs
- Banana
- Apple Juice
- Honey
- Maple Syrup
- Stevia



DRINK SUBSTITUTES

- Water
- Fruit infused water
- Herbal teas of all kinds
- Apple juice
- Grape juice
- Prune juice
- Orange juice
- Kefir
- Rejuvelac



RECIPE RESOURCES

- Forksoverknives.com
- Nutritionstudies.org
- Dreenaburton.com
- Monkeyandmekitchenadventures.com
- Faithfulplateful.com
- Feastingonfruit.com
- Masteringdiabetes.org
- Happyherbivore.com
- Fatfreevegan.com
- Engine2diet.com
- Straightupfood.com
- Pcrm.org
- Cookieandkate.com
- Thishealthykitchen.com
- Veggiesociety.com
- Jessicainthekitchen.com
- Sweetsimplevegan.com
- Healthygirlkitchen.com
- Rawmazing.com

DAY 1 IMPRESSIONS

Take a few minutes to write your thoughts and feelings about how you currently feel, what you hope to accomplish during the challenge, and any other thoughts or impressions that come to your mind.

DAY 30 IMPRESSIONS

Take a few minutes to write your thoughts and feelings about how the challenge went, how you improved, what you have learned, what the spirit has taught you and any other thoughts or impressions you have.

ADDITIONAL QUOTES

"It has been said—and I think all who have had any experience know that it is true—that in families where the Word of Wisdom is obeyed there is greater faith in administering the ordinances of the house of God unto those who are sick. We have a Bishop in Salt Lake City who, I believe, took an account of the number of those who were sick in his Ward, and he brought a statement to the President's office to the effect that in the families where the Word of Wisdom was strictly observed fewer deaths had occurred than in families where the Word of Wisdom was not observed. Diphtheria or some other disease was raging at that time in the city, and in his ward in particular, and his mind was turned to this matter, and after making inquiries he satisfied himself that there were more cases of healing and restorations to health through the administrations of the Elders by the laying on of hands in families where the Word of Wisdom was observed than in families where it was neglected, and that deaths were more frequent in the latter."

[President John Taylor interrupts: "There were none died in the families where the Word of Wisdom was observed."]

"President Taylor says there were none died in the families where the Word of Wisdom was observed. Is it not natural that this should be the case?"

George Q. Cannon, *Journal of Discourses*, volume 24, p. 146:

"If the days of man are to begin to return, we must cease all extravagant living. When men live to the age of a tree, their food will be fruit. Mothers, to produce offspring full of life and days, must cease drinking liquor, tea, and coffee, that their systems may be free from bad effects. If every woman in this Church will now cease drinking tea, coffee, liquor, and all other powerful stimulants, and live upon vegetables, &c., not many generations will pass away before the days of man will again return. But it will take generations to entirely eradicate the influences of deleterious substances. This must be done before we can attain our paradisiacal state, for the Lord will bring again Zion to its paradisiacal state. May God grant that we may see and enjoy it. Amen."

Brigham Young, *Journal of Discourses*, volume 8 p.64